My ROUTE Adaptation Worksheet

Senior Triathletes ROUTE™ to Healthy Aging

R	O	U	T	E
Recognize	Optimize	Upgrade	Target	Enlist

Getting started

The experiences of older triathletes remind us that there is no single approach to healthy aging in triathlon. Our capabilities, circumstances, and goals change at different rates and in different ways.

Use this worksheet to reflect on your current situation, identify opportunities for adaptation, and evaluate the changes you make. You do not need to make changes in all five areas. Begin with what matters most to you.

My starting point

Name (optional): _____ Date: _____

Age (optional): _____

What do I most want to preserve, improve, or accomplish through triathlon over the next year?

What is my greatest current concern about continuing in triathlon?

Based on Roadmap for Healthy Aging in Triathlon: What Experienced Athletes Teach Us About Adapting.

This educational planning resource is not a medical assessment or individualized training prescription. Seek appropriate professional guidance for pain, injury, or health concerns.

Where am I today?

Use these questions to identify areas that may deserve attention. You do not need to answer every question.

R — Recognize Changing Capabilities

• What changes have I noticed in swimming, biking, running, or other physical activities?
• Which capabilities have improved or remained relatively stable?
• Am I evaluating my abilities based on where I am today or where I was years ago?

My observations

Possible adaptations to explore

O — Optimize Training for Sustainability

• Am I recovering sufficiently between workouts?
• Are my nutrition, hydration, and sleep supporting my training?
• Am I training consistently and still enjoying the process?

My observations

Possible adaptations to explore

U — Upgrade and Maintain Physical Capabilities

• Are strength, mobility, balance, or recurring discomfort limiting my participation?
• Does my current training adequately address these limitations?
• What capability could I develop before it becomes a limitation?

My observations

Possible adaptations to explore

Where am I today?

Continued — reflect on racing goals and support.

T — Target Meaningful Racing Goals

• What makes a race or other athletic challenge meaningful to me today?
• Are my goals consistent with my current capabilities and circumstances?
• Will I enjoy and benefit from the training required to achieve these goals?

My observations

Possible adaptations to explore

E — Enlist Your Support Team

• Where could additional expertise, instruction, or encouragement help me?
• Do the people I rely on understand the needs of older athletes?
• Are there people or resources I should consider adding to my support team?

My observations

Possible adaptations to explore

Where should I focus first?

Review your observations. Select one or two priorities to focus on initially. Some adaptations may address more than one priority.

☐ R — Recognize Changing Capabilities
☐ O — Optimize Training for Sustainability
☐ U — Upgrade and Maintain Physical Capabilities
☐ T — Target Meaningful Racing Goals
☐ E — Enlist Your Support Team

My Adaptation Plan

Print one copy for each adaptation you decide to pursue.

ROUTE priorities addressed: ☐ R ☐ O ☐ U ☐ T ☐ E

1. Identify

What opportunity or challenge am I addressing?

2. Adapt

What specific change will I make?

What expertise, resources, or support might I need?

3. Evaluate

How will I know whether the change is helping?

Start date: _____ Planned review date: _____

4. Learn and refine

Complete this section on your review date.

What has changed? What have I learned?

My next decision

☐ Continue the adaptation ☐ Modify the adaptation
☐ Explore a different approach ☐ Seek additional guidance

My next action

My Adaptation Plan: Example

Hypothetical illustration — not a questionnaire respondent or a documented outcome.

Returning to running more consistently

ROUTE priorities addressed: R, O, U and E

1. Identify

What opportunity or challenge am I addressing?

I enjoy running but have noticed that I need more recovery between runs. Recurring knee discomfort has interrupted my training several times.

2. Adapt

What specific change will I make?

After consulting my physical therapist, I will replace continuous running with shorter run-walk sessions and maintain aerobic fitness through swimming and cycling.

What expertise, resources, or support might I need?

Guidance from my physical therapist and coach.

3. Evaluate

How will I know whether the change is helping?

I will monitor knee discomfort during and after each session, my ability to complete planned workouts, and whether I am recovering adequately between sessions.

Start date / Planned review date

January 4 / February 1

4. Learn and refine

What has changed? What have I learned?

I have completed more of my planned workouts with fewer interruptions. My running pace has not improved, but I am training more consistently and enjoying running again.

My next decision

Continue the adaptation.

My next action

Discuss with my coach and physical therapist whether I am ready to gradually increase the running portion of my sessions.

Healthy aging in triathlon is an ongoing process of learning and adapting.

We welcome your feedback. Share what worked, what was unclear, or what could be improved in the comments on the roadmap article at SeniorTriathletes.com.

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